



WEST YAVAPAI COUNTY RESOURCE GUIDE  
2009-2010 ISSUE

# Little THE ^ KIDS BOOK

A BOOK ABOUT PEOPLE AND PLACES THAT HELP YOUNG CHILDREN AND THEIR FAMILIES

FREE

### DISCLAIMER

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ST LUKE'S SCHOOL  
TRI CITY PARTNERSHIP FOR SPECIAL CHILDREN AND FAMILIES  
UNITED WAY INFORMATION NETWORK  
UNIVERSITY OF ARIZONA COOPERATIVE EXTENSION FAMILY CONSUMER SCIENCES  
WEST YAVAPAI GUIDANCE CLINIC  
YAVAPAI CASA FOR KIDS, INC.  
YAVAPAI COLLEGE  
YAVAPAI COMMUNITIES FOR YOUNG CHILDREN  
YAVAPAI COUNTY COMMUNITY HEALTH SERVICES  
YAVAPAI REGIONAL MEDICAL CENTER

# ARE YOU THINKING OF HAVING A BABY?

Deciding to become pregnant is one of the most important decisions you will make in your life. It is important that you start taking care of yourself before you start trying to get pregnant. Ideally, women should give themselves 3 months to prepare their bodies before getting pregnant. The five most important things you can do before becoming pregnant are:

- Take 400 micrograms (400 mcg or 0.4 mg) of folic acid every day for at least 3 months before getting pregnant to lower your baby's risk of some birth defects of the brain and spine. Taking a vitamin with folic acid is the best and easiest way to be sure you're getting enough.
- Stop smoking and drinking alcohol. Ask your doctor for help.
- If you have a medical condition, like asthma, diabetes, depression, or high blood pressure, be sure it is under control.
- Talk to your doctor about any over-the-counter and prescription medications you are using. These include dietary and herbal supplements. Some medicines are not safe during pregnancy. However, stopping medicines you need also can be harmful.
- Avoid contact with toxic substances or materials at work and at home that could be harmful. Stay away from chemicals and cat or rodent feces.

## SERVICES THAT CAN HELP FOR PROGRAM DESCRIPTION AND CONTACT INFORMATION SEE THE ALPHABETICAL PROGRAM LIST

### HEALTH

- Arizona Department of Health Services
  - Arizona Smokers' Helpline
  - Folic Acid Program
- Arizona Health Care Cost Containment System (AHCCCS)  
Community Health Center of Yavapai
  - Reproductive Health Program
- Planned Parenthood
- Private Medical Doctors – Gynecologists, Family Physicians
- Yavapai County Community Health Services
  - Smoking Cessation Program

# CONGRATULATIONS! YOU ARE GOING TO HAVE A BABY

Now that you are pregnant there are important things that you should do to help protect the health of your developing baby. You can take care of yourself and your baby by:

- Get early and regular prenatal care. Your doctor will check to make sure you and the baby are healthy at each visit.
- Take a multivitamin or prenatal vitamin with folic acid and iron every day. Getting enough iron prevents anemia, which is linked to preterm birth and low birth weight.
- Don't smoke, drink alcohol, or use drugs. These can cause long-term harm or death to your baby.
- Ask your doctor before stopping any medicines or starting any new medicines. Keep in mind that even over-the-counter medicines and herbal products may cause side effects or other problems.
- Avoid x-rays. If you must have dental work or diagnostic tests, tell your dentist or doctor that you are pregnant so that extra care can be taken.
- Eat a variety of healthy foods to ensure that you and your baby get all of the nutrients you need. Also, be sure to drink plenty of fluids, especially water.
- Unless your doctor tells you not to, try to get at least 2 hours and 30 minutes of moderate-intensity aerobic activity a week.
- Don't take very hot baths or use hot tubs or saunas.
- Stay away from chemicals like insecticides, solvents, lead, mercury and paint (including paint fumes).
- Ask your doctor about childbirth education classes for you and your partner.

SERVICES THAT CAN HELP  
FOR PROGRAM DESCRIPTION AND CONTACT  
INFORMATION SEE THE ALPHABETICAL PROGRAM LIST

**HEALTH CARE**

- Arizona Health Care Cost Containment System (AHCCCS)
  - Baby Arizona
  - SOBRA
- The Caring Presence
- Community Health Center of Yavapai
  - Prenatal Care
- Private Medical Doctors – Obstetricians, Family Physicians, Nurse Midwives
- Yavapai County Community Health Services
  - WIC

**INFORMATION AND SUPPORT**

- Arizona Department of Health Services
  - Arizona Smokers' Helpline
  - Folic Acid Program
  - Pregnancy & Breastfeeding Hotline
- Birthline
- Birth to Five Helpline
- Crisis Pregnancy Center of Prescott
- Hannah's Home
- New Life Pregnancy Center
- Pregnancy Risk Line
- Yavapai County Community Health Services
  - Smoking Cessation Program
- Yavapai Regional Medical Center
  - Childbirth Classes

**FAMILY SUPPORT – HOME VISITING PROGRAMS**

- Arizona's Children Association
  - Bright Start Home Visiting Program
- Yavapai County Community Health Services
  - Health Start
  - Nurse Family Partnership
- Yavapai Regional Medical Center
  - Healthy Families Home Visiting Program

# WELCOME HOME NEWBORN

Going home with a new baby is exciting, but it can be scary, too. Newborns have many needs, like frequent feedings and diaper changes. Your baby will go through many changes during the first year of life. Here are a few tips that can help parents feel confident about caring for their newborn.

- You should feed your baby on demand. A newborn baby usually needs to be fed every 2 to 3 hours in the first month and less frequently as he or she grows older.
- Breast milk provides the best nutrition for your baby and helps build stronger immunity to illnesses.
- If you're breastfeeding, give your baby the chance to nurse about 10-15 minutes at each breast. If you're formula-feeding, your baby will most likely need about 2 – 3 ounces at each feeding.
- If your baby seems satisfied, produces about six wet diapers and several stools a day, sleeps well, and is gaining weight regularly, then he or she is probably eating enough. Talk to your doctor if you have concerns about your child's growth or feeding schedule.
- Introduce foods, such as baby rice, cereal & apple puree between 4-6 months. Ask your health care provider about when to introduce solids.
- A newborn will sleep for periods of 3 -4 hours, for a total of 16 hours or more per day. Don't expect your baby to sleep through the night – the digestive system of babies is so small that they need nourishment every few hours.
- It's important to place babies on their backs to sleep to reduce the risk of sudden infant death syndrome (SIDS). Remove all fluffy bedding, quilts, stuffed animals and pillows from the crib to ensure that your baby doesn't get tangled in them or suffocate.
- Never shake your newborn. Shaking that is vigorous can cause bleeding in the brain and even death.
- Your baby needs to get a number of vaccinations within the first year that protect against 10 major childhood diseases. Consult your baby's doctor to receive the vaccinations at the recommended times.
- Don't allow smoking or smoke around your baby.
- Keep your baby out of the sun. Sunscreen should not be applied to infants younger than 6 months.
- Make sure your baby is securely fastened into their car seat and that the car seat is installed properly in the back seat, facing back.
- Change your baby's diaper frequently to avoid discomfort and diaper rash. A baby will dirty diapers about 10 times a day.
- Give your baby lots of love and attention. Respond to your baby with your eyes, your voice and your touch frequently. Talk and read to your child. You can't "spoil" a baby at this age.

**SERVICES THAT CAN HELP**  
**FOR PROGRAM DESCRIPTION AND CONTACT**  
**INFORMATION SEE THE ALPHABETICAL PROGRAM LIST**

**HEALTH CARE**

- Arizona Health Care Cost Containment System (AHCCCS)
  - KidsCare
- Community Health Center of Yavapai
  - Primary Care
- Private Medical Doctors – Pediatricians, Family Physicians
- Shriners Hospitals for Children
- Yavapai County Community Health Services
  - Childhood Immunizations
  - Newborn Intensive Care Program
  - WIC

**FAMILY SUPPORT – HOME VISITING PROGRAMS**

- Arizona's Children Association
  - Bright Start
- Northern Arizona Council of Governments (NACOG)
  - Early Head Start
- Yavapai County Community Health Services
  - Health Start
  - Nurse Family Partnership
- Yavapai Regional Medical Center
  - First Steps
  - Healthy Families

**INFORMATION & SUPPORT**

- Arizona Department of Health Services
  - Children's Information Center
  - Pregnancy & Breastfeeding Hotline
- Arizona Poison & Drug Information Center
- Arizona Postpartum Wellness Coalition (APWC)
- Birth to Five Helpline
- Car Seat Technicians: See your local Fire Department
- Child Care Resources & Referral
- Prevent Child Abuse Arizona
  - Never Shake a Baby

**CHILD ABUSE PREVENTION / CRISIS SUPPORT**

- Arizona Department of Economic Security (DES)
  - Child Protective Services
- Arizona's Children Association
  - Child Haven
- Stepping Stones Agencies
- Prescott Areas Women's Shelter – PAWS
- Prevent Child Abuse Arizona

**DEVELOPMENTAL SCREENING & INTERVENTION**

- Arizona Early Intervention Program – AzEIP First!
- Arizona Department of Economic Security (DES)
  - Division of Developmental Disabilities
- Arizona State School for the Deaf and the Blind
- Children's Rehabilitative Services
- Four County Conference on Developmental Disabilities
- High Country Early Intervention Programs



### **SUPPORT FOR FOSTER & KINSHIP FAMILIES**

- Arizona's Children Association
  - KARE Program
- Catholic Charities Community Services
- Family Support Services - PUSD/HUSD
  - Support Connections
- Prevent Child Abuse Arizona
  - Best for Babies
- Yavapai CASA for Kids, Inc.

## **CARING FOR YOUR YOUNG CHILD**

As your child grows, she will experience huge intellectual, social, and emotional changes. Your child will become increasingly independent and will explore and ask about her surroundings even more. Your child's personality and ways of thinking are being shaped by her experiences of the world.

- Provide a safe, loving, and secure environment in which your child can grow.
- Read to your child every day.
- Help your child develop language skills by talking to her. Use complete sentences and help her to use correct words and phrases. Ask her to name body parts and objects.
- Make sure that your home is a safe place for your child to explore. Put sharp objects out of reach. Lock up medicines, household cleaners and poisons.
- Encourage your child to engage in pretend play. Playing with other children helps her learn the value of sharing and friendship.
- Always watch children near water. Don't leave, even for a moment.
- Take your child for routine physical check-ups. Your doctor will check that your child is experiencing normal growth and development. Get childhood vaccinations on schedule.
- Take your child to the dentist at about one year of age. Help them learn healthy habits like brushing teeth.
- It is recommended that you have your child's vision and hearing checked before they start school.
- It is recommended that children not be placed in a forward facing car seat until they are at least 1 year old and weigh more than 20 pounds. Children weighing between 40 lbs and 80 lbs should ride in a booster seat restrained with lap and shoulder belts. All children should ride in the back seat.
- Do not leave your child unattended in the car, even for a few minutes.
- Provide healthy food that provides the nutrients needed for your child to have energy, build strong bones and fight diseases. As your child grows, help her choose healthy meals and snacks.
- Keep your children active. Exercise strengthens muscles and builds bone. Find fun activities that the whole family can do together.

SERVICES THAT CAN HELP  
FOR PROGRAM DESCRIPTION AND CONTACT  
INFORMATION SEE THE ALPHABETICAL PROGRAM LIST

**HEALTH CARE**

- Arizona Health Care Cost Containment System (AHCCCS)
  - KidsCare
- Arizona Dental Foundation
- Community Health Center of Yavapai
  - Primary Care
- Private Medical Doctors – Pediatricians, Family Physicians
- Shriners Hospitals for Children
- Yavapai County Community Health Services
  - Childhood Immunizations
  - WIC
- Yavapai Regional Medical Center
  - Partners for Healthy Students

**MENTAL HEALTH**

- Child and Family Support Services
- West Yavapai Guidance Clinic

**DEVELOPMENTAL SCREENING & INTERVENTION**

- Arizona's Children Association
  - Bright Start
- Arizona Department of Economic Security (DES)
  - Division of Developmental Disabilities
- Arizona Early Intervention Program – AzEIP First!
- Arizona State School for the Deaf and the Blind
- Children's Rehabilitative Services
- Four County Conference on Developmental Disabilities
- High Country Early Intervention
- Arizona Support Services & Intensive Skills Training (ASSIST)
- Local School Districts (See The Big Kids Book)

**EDUCATIONAL OPPORTUNITIES**

- Arizona Reach Out & Read
- Toddler and Preschool Story Time: Check your local library

**INFORMATION & SUPPORT**

- Arizona Poison & Drug Information Center
- Arizona Postpartum Wellness Coalition
- Birth to Five Helpline
- Child Care Resources & Referral

**SUPPORT FOR FOSTER & KINSHIP FAMILIES**

- Arizona's Children Association
  - KARE Program
- Catholic Charities Community Services
- Family Support Services – PUSD/HUSD
  - Support Connections

- Prevent Child Abuse Arizona
  - Best for Babies
- Yavapai CASA for Kids, Inc.

### **CHILD ABUSE PREVENTION / CRISIS SUPPORT**

- Arizona's Children Association
  - Child Haven
- Arizona Department of Economic Security (DES)
  - Child Protective Services
- Stepping Stones Agencies
- Prescott Areas Women's Shelter - PAWS

### **EARLY CARE & EDUCATION**

Parents are a child's first and most important teachers. But many families must rely on some form of out of home care for their children. It's important to choose a child care center or home that provides quality education to your young child. Quality early care and education helps prepare children for success in kindergarten, throughout their school years, and later in life. Quality programs are committed to continually improving. Look for centers that are accredited by a nationally recognized organization, such as National Association for the Education of Young Children (NAEYC) or American Montessori Society (AMS) or are participating in Quality First!, Arizona's new quality improvement and rating system

### **FINANCIAL ASSISTANCE FOR CHILD CARE**

- Arizona Department of Economic Security (DES)
  - Childcare Administration

### **FOR INFORMATION ABOUT CHILD CARE OPERATING IN THE COUNTY**

- Childcare Resource & Referral

### **ACCREDITED CHILD CARE PROVIDERS**

- St. Luke's School
- Chino Valley School District – Cougar Lane Preschool
- Prescott Unified School District – Discovery Gardens Preschool
- Preschool of Christian Academy
- Head Start - Chino Valley

# SUPPORT FOR STRONG FAMILIES

Healthy, strong children rely on healthy, strong adults. Being a good parent is a big responsibility, but there are many organizations and services willing to help you with information, resources and support. We encourage you to get help when you need it. Remember, it's not just about you. There's a young child counting on you to be the best you can be.

## SERVICES THAT CAN HELP FOR PROGRAM DESCRIPTION AND CONTACT INFORMATION SEE THE ALPHABETICAL PROGRAM LIST

### **SUPPORT GROUPS**

- Chino Area Partnership
- Compassionate Friends
- DEAR, Inc. Developmental Education and Research
- M.I.S.S Foundation Peer Support for Bereaved Parents
- Mothers of Preschoolers - MOPS
- Raising Special Kids
- Tri-City Partnership for Special Children and Families

### **ASSISTANCE WITH BASIC NEEDS**

See The Big Kids Book for resources that provide assistance with Food, Clothing, Counseling, Finances, Transportation & Shelter/Housing.

### **PARENTING EDUCATION**

- Catholic Charities Community Services
- Family Support Services - Prescott & Humboldt Unified School Districts
  - Becoming a Love & Logic Parent
  - Common Sense Parenting
- Prescott High School Teen Parents
- Prevent Child Abuse Arizona
  - Adults & Children Together Against Violence
- University of Arizona Cooperative Extension Family Consumer Sciences
- Yavapai College
  - Del E. Webb Family Enrichment Center

### **RESOURCE, INFORMATION & REFERRAL**

- Arizona Self Help
- Community Information & Referral
- United Way Information & Referral
- Yavapai Communities For Young Children (YCYC)

### **DOMESTIC VIOLENCE PREVENTION**

- Prevent Child Abuse Arizona
  - Prescott Valley Domestic Violence Prevention Program
- Stepping Stones Agencies

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## ARIZONA DENTAL FOUNDATION

**CONTACT:**

Phone: (480) 344-5777 • Fax: (480) 344-1442 • 1-800-866-2732

Address: 3193 N Drinkwater Blvd. Scottsdale, AZ 85251

E-mail: [Ginger@azda.org](mailto:Ginger@azda.org) • Web site: [www.azda.org](http://www.azda.org)

**SERVICE DESCRIPTION:** Provides free on-line referral information to assist parents locate dentists who provide services to children, including children with special needs or phobias.

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## ARIZONA DEPARTMENT OF ECONOMIC SECURITY (DES)

Web site: [www.azdes.gov](http://www.azdes.gov)

### CHILDCARE ADMINISTRATION

**CONTACT:**

Prescott Office

Phone: (928) 277-2850 • Fax: (928) 277-2793

Address: 1519 West Gurley St. Suite #4, Prescott, AZ 86305

**SERVICE DESCRIPTION:** DES Child Care assists eligible families with child care costs, enabling parents to be employed or obtain specific education and training related to employment.

### CHILD PROTECTIVE SERVICES

**HOTLINE:** Suspect Abuse, Report it Now.

Call Child Abuse Hotline 1-888-SOS-CHILD (1-888-767-2445)

**SERVICE DESCRIPTION:** The Child Protective Services program receives, screens and investigates allegations of child abuse and neglect. CPS also provides services designed to stabilize a family in crisis and to preserve the family unit.

### DIVISION OF DEVELOPMENTAL DISABILITIES

**CONTACT:** Prescott Office

Phone: (928) 277-2700 • Fax: (928) 277-2795

Address: 1519 West Gurley St. Suite #3, Prescott, AZ 86305

**SERVICE DESCRIPTION:** Services help eligible individuals with developmental disabilities achieve self-sufficiency and independence. An array of home and community-based services, including information, referral and respite are provided.

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## ARIZONA DEPARTMENT OF HEALTH SERVICES

### ARIZONA SMOKERS' HELPLINE

**CONTACT:**

Phone: 1-800-556-6222

Website: [www.ashline.org](http://www.ashline.org)

**SERVICE DESCRIPTION:** Telephone-based counseling & provisions of free materials to assist individuals quit smoking. Web site offers information and tools to help people stop smoking.

#### **FOLIC ACID PROGRAM**

**CONTACT:**

Phone: (602) 364-0216

Website: [www.getfolic.org](http://www.getfolic.org)

**SERVICE DESCRIPTION:** Low income women of childbearing age are provided free multivitamins containing folic acid.

#### **PREGNANCY AND BREASTFEEDING HOTLINE**

**CONTACT:**

Phone: 1-800-833-4642

**SERVICE DESCRIPTION:** Offers information about pregnancy & breastfeeding. Breastfeeding calls are answered by Certified Lactation Counselors. Provides prescreening for Baby Arizona.

#### **CHILDREN'S INFORMATION CENTER**

**CONTACT:**

Phone: 1-800-232-1676

**SERVICE DESCRIPTION:** Offers information about immunizations, dental care, services for children with special health care needs and Kids Care health insurance.

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### **ARIZONA EARLY INTERVENTION PROGRAM – AzEIP FIRST!**

**CONTACT:**

Phone: (928) 759-5591 • Fax: (928) 759-5593

Address: 3343 N. Windsong Dr. Suite 5 Prescott Valley, AZ 86314

E-mail: [Janice.northam@nau.edu](mailto:Janice.northam@nau.edu) • Web site: [www.azdes.gov/AzEIP](http://www.azdes.gov/AzEIP)

**SERVICE DESCRIPTION:** AzEIP services bring families and professionals together, working in collaboration to support a child's growth, development and learning. Services are available to infants and toddlers, birth to three years of age, with disabilities or developmental delays.

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### **ARIZONA HEALTH CARE COST CONTAINMENT SYSTEM (AHCCCS)**

**ELIGIBILITY:** Individuals, pregnant women, and children who have little or no income, live in Arizona, and are U.S. citizens or qualified non-citizens may be eligible.

**SERVICE DESCRIPTION:** AHCCCS provides several health care insurance plans that provide medical coverage for doctor's office visits, physical exams, immunizations, prenatal care, hospital care and prescriptions.

**AHCCCS Care  
SOBRA for Pregnant Women**

**CONTACT:**

Phone: 1-800-528-0142

Download Application at: [www.azahcccs.gov/applicants](http://www.azahcccs.gov/applicants)

Or Apply online at: [www.healthEArizona.org](http://www.healthEArizona.org)

**KIDSCARE**

**CONTACT:**

Phone: 1-877-543-7669

Download Application at: [www.azkidsicare.gov](http://www.azkidsicare.gov)

Or Apply online at: [www.healthEArizona.org](http://www.healthEArizona.org)

**BABY ARIZONA**

**CONTACT:**

Arizona Department of Health Services Pregnancy and Breast Feeding Hotline:  
1-800-833-4642

**SERVICE DESCRIPTION:** Baby Arizona is a simple, faster way for pregnant women to apply for AHCCCS medical coverage. Your first prenatal visit will be with a doctor who participates in the Baby Arizona program. Office staff will assist you in applying for AHCCCS medical coverage. Through Baby Arizona women usually receive care while their application is being processed.

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**ARIZONA POISON & DRUG  
INFORMATION CENTER**

**CONTACT:**

Hotline: 800-222-1222 24 hrs a day • 365 days a year

Address: P.O. Box 210202, Tucson, AZ 85721-0202

Web site: [www.pharmacy.arizona.edu](http://www.pharmacy.arizona.edu)

**SERVICE DESCRIPTION:** A 24-hour free telephone service providing information about poisons, chemical and medication-related emergencies, poisonous animal bites, drugs, and toxins, as well as poison prevention and safe use of medications.

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**ARIZONA POSTPARTUM WELLNESS COALITION  
(APWC) QUAD CITIES CHAPTER**

**CONTACT:**

Phone: 1-888-434-MOMS (6667)

Arizona Warmline for Postpartum Support International

**SERVICE DESCRIPTION:** Warmline volunteers provide phone support to new mothers. Calls are returned within 3 hours from 9 a.m. – 9 p.m. in English or Spanish. Mother-to-Mother pregnancy and postpartum adjustment support group will begin during the summer of 2009

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**ARIZONA REACH OUT AND READ**

**CONTACT:**

Phone: (602) 616-6448

Address: 2600 N. Central Ave, Suite 710 Phoenix, AZ 85004  
Web site: [www.rorarizona.org](http://www.rorarizona.org) • E-mail: [azroar@azaap.org](mailto:azroar@azaap.org)

**SERVICE DESCRIPTION:** Reach Out and Read makes literacy promotion a part of a young child's visit to the doctor. At every well-child check-up, doctors and nurses encourage parents to read aloud to their young children. Every child, age six months to six years, is given a new, developmentally appropriate children's book to keep. Support sites in Yavapai County include: Cornerstone Pediatrics, Yavapai Regional Medical Center/Partners for Healthy Students, Ponderosa Pediatrics & North Country Community Health Center/Ash Fork & Seligman Clinics.

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## ARIZONA SELF HELP

**CONTACT:**

Web site: [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org)

**SERVICE DESCRIPTION:** An internet-based program that estimates a family's eligibility for various state programs: including Cash and Nutrition Assistance; housing and utility assistance; health insurance from AHCCCS; and child care benefits.

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## ARIZONA STATE SCHOOL FOR THE DEAF & THE BLIND

**CONTACT:**

Phone: (928) 774-0655 • Fax: (928) 773-9229  
Address: 1000 E. Butler Ave., Suite 115, Flagstaff, AZ 86001  
Web site: [www.asdb.stat.az.us](http://www.asdb.stat.az.us)

**SERVICE DESCRIPTION:** Provides services to families of children, birth to 3 years of age, who have hearing or vision loss. Services are provided in the family's home and may include: information; support in communicating with the infant/toddler; information on the child's development; and coordination with other community resources.

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## ARIZONA SUPPORT SERVICES AND INTENSIVE SKILLS TRAINING (A.S.S.I.S.T)

**CONTACT:**

Phone: (928) 443-9290 • Fax: (928) 277-4806  
Address: 2957 N. Hwy. 89, Prescott, AZ 86301  
Mailing Address: P.O. Box 300 Kirkland, AZ 86332  
E-mail: [levinkal@aol.com](mailto:levinkal@aol.com) or [assister@yahoo.com](mailto:assister@yahoo.com)

**SERVICE DESCRIPTION:** A.S.S.I.S.T. Corp. provides individuals with special needs and their families increased resources, training, quality habilitation and respite providers and on-going support. Services include: Certified Respite and Habilitation providers. A.B.A (Applied Behavioral Analysis) training for therapists and parents, as well as other disability specified training. Quarterly consultations to review, evaluate and update each individual's home program.

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## ARIZONA'S CHILDREN ASSOCIATION

**CONTACT:**

Phone (928) 443-1991 • Fax: (928) 771-2351 • 1-888-771-3435

Information and Referral (928) 772-3435

Address: 440 N. Washington Ave, Prescott, AZ 86301

Website: [www.arizonaschildren.org](http://www.arizonaschildren.org)

### CHILD HAVEN

**CONTACT:** Phone: (928) 772-3435 • or 1-888-771-3435

**SERVICE DESCRIPTION:** Free crisis nursery placements for children birth to 6 years of age, whose families are facing extreme difficulties caused by stress, illness, homelessness, or a crisis situation. Overnight care is provided in the homes of licensed/certified volunteer Child Haven Host Families. Child Haven also offers a diaper distribution service and free children's clothing room.

### BRIGHT START HOME VISITING PROGRAM

**CONTACT:** Phone: (928) 443-1991

**SERVICE DESCRIPTION:** Free, county-wide home visitation program for families who are pregnant or have children under the age of 6. Parents learn and practice skills to support their child's brain development, while addressing other areas of development, health, parenting, and family relationships. Individualized programs are tailored to each family's strengths and needs. Community supports are also utilized.

### KARE KINSHIP PROGRAM

**CONTACT:** Phone: (928) 443-1991 EXT 18

**SERVICE DESCRIPTION:** Free county wide program to provide support to kinship families (relatives raising relatives children) (through information and referral), financial programs, and community development. Intake for ADES KINCARE subsidies for grandparents raising grandchildren.

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## BIRTHLINE

**CONTACT:**

Phone: (928) 778-5683

Address: 808 Hillside, Prescott, AZ 86301

**SERVICE DESCRIPTION:**

Assistance provided to women who are pregnant and need help. Services include: pregnancy testing; infant supplies, including clothing for children up to age 2, baby furniture, diapers, wipes and formula, when available; lending library of books and parenting videos. Will loan crib with linens and car seat to grandparents for up to 3 weeks.

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## BIRTH TO FIVE HELPLINE

**CONTACT:**

Phone: 1-877-705-KIDS (5437)  
Address: 2850 N. 24th St. Phoenix, AZ 85008  
Web site: [www.swhd.org](http://www.swhd.org)

**SERVICE DESCRIPTION:** A toll-free number for all Arizona families with young children and parents-to-be, to call with questions or concerns about their infants, toddlers, and preschoolers. Call and talk to a child development specialist – it's free.

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## THE CARING PRESENCE

**CONTACT:**

Phone: (928) 771-0701  
Address: 1024 Willow Creek Road, Suite B, Prescott, AZ 86301  
E-mail: [caring@caringpresence.com](mailto:caring@caringpresence.com)  
Web site: [www.caringpresence.com](http://www.caringpresence.com)

**SERVICE DESCRIPTION:** Provides a variety of non-medical, in-home care services, such as: assistance for new moms, personal care, light housekeeping, meal preparation, laundry, companionship, incidental transportation, respite care, shopping, community resources information, and after-surgery care.

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## CATHOLIC CHARITIES COMMUNITY SERVICES

**CONTACT:**

Phone: (928) 778-2531 • Fax: (928) 771-9531  
Address: 434 W. Gurley, Prescott, AZ 86301  
Web site: [www.catholiccharitiesaz.org](http://www.catholiccharitiesaz.org)

**SERVICE DESCRIPTION:** Provides a diverse range of social services that strengthen families, protect & nurture children and support people in crisis

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## CHILD AND FAMILY SUPPORT SERVICES

**CONTACT:** Prescott

Phone: (928) 445-3517 • Fax: (928) 771-9761  
Address: 716C N. Montezuma St. Prescott AZ 86301  
Website: [www.cfssinc.com](http://www.cfssinc.com)

**CONTACT:** Prescott Valley Office

Phone: (928) 775-2500 • Toll Free: 1-877-775-2570  
Address: 8652 E. Eastridge Dr. Ste. 101 Prescott Valley AZ 86314

CFSS provides a full range of out-patient behavioral health services for children and families. Most services are provided in homes, schools, and the community.

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## CHILD CARE RESOURCE & REFERRAL

**CONTACT:**

Phone: 1-800-308-9000 • Fax: (602) 244-2718

Address: 3910 S. Rural Rd. Ste. 0, Tempe, AZ 85282

Web site: [www.azchildcare.org](http://www.azchildcare.org)

**SERVICE DESCRIPTION:** Child Care Resource and Referral (CCR&R) educates parents about the importance of quality child care and assists them in finding child care. CCR&R provides information about available child care programs and providers and refers parents to child care based on each family's needs. All services are available at no cost.

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## CHILDREN'S REHABILITATIVE SERVICES (CRS)

**CONTACT:**

Phone: (602) 406-6455 • (800) 392-2222

Address: 124 W. Thomas Rd, Phoenix, AZ 85013

**SERVICE DESCRIPTION:** Children's Rehabilitative Services (CRS) clinics provide coordinated services for Arizona's special needs children including: diagnosis, surgery, hospitalization, rehabilitation, medication, and allied health services. Many families pay nothing or are covered by AHCCCS.

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## CHINO AREA PARTNERSHIP

**CONTACT:**

Phone: (928) 636-4815

Address: P.O. Box 361, Paulden, AZ 86334

**SERVICE DESCRIPTION:** A parent-led action team dedicated to improving the lives of children and individuals with disabilities and special health care needs. The partnership provides networking, summer literacy program for special needs, advocacy, collaboration, community awareness, resource and referral. Meetings are usually held the first Thursday of each month from 11:30 a.m. to 1:00 p.m. in the CVUSD Administration Board Room, 41 N. Hwy 89, Chino Valley.

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## CHINO VALLEY SCHOOL DISTRICT – COUGAR LANE PRESCHOOL

### COUGAR LANE PRESCHOOL

**CONTACT:**

Phone: (928) 636-2458 x122

Address: 650 East Center St. Chino Valley, AZ 86323

**SERVICE DESCRIPTION:** Cougar Lane Preschool provides educational opportunities for special needs preschoolers, 3-5 years of age, and their peers.

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## COMMUNITY HEALTH CENTER OF YAVAPAI

### **CONTACT:**

Prescott Health Clinic  
1090 Commerce Drive  
Prescott, AZ 86305

Appointment Line: (928) 583-1000

Prescott Valley Health Clinic  
3212 N. Windsong Drive, 2nd floor  
Prescott Valley, AZ 86314

Appointment Line: (928) 583-1000

**ELIGIBILITY:** The Community Health Center of Yavapai (CHCY) provides health care to people regardless of their ability to pay. Individuals, who are uninsured and financially eligible, may pay a reduced rate based on a sliding fee schedule. CHCY will also bill AHCCCS, if you have selected a community health center provider as your primary care doctor, Medicare Part B or other qualified private insurance. Patients are required to provide proof of address, income verification, and dependent information.

### **REPRODUCTIVE HEALTH**

**SERVICE DESCRIPTION:** Physical exams and contraceptive methods are available to women in their childbearing years. Services are free to women whose income is below 100% of the Federal Poverty Guidelines. For others, fees are charged according to a sliding fee schedule. Screening and treatment is provided to prevent the transmission of sexually transmitted diseases.

### **PRENATAL CARE**

**SERVICE DESCRIPTION:** Uninsured pregnant women receive comprehensive prenatal care for a reduced cost package fee. Patients are referred to local obstetricians for delivery services.

### **PRIMARY CARE**

**SERVICE DESCRIPTION:** Physicians and nurse practitioners provide routine medical care which includes diagnosis and treatment of acute and chronic conditions. Diagnostic services (lab and x-ray) necessary for treatment are provided. Patients of the CHCY are also able to access dental services and mental health counseling.

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## COMMUNITY INFORMATION & REFERRAL

### **CONTACT:**

Phone: 1-800-352-3792

Website: [www.cir.org](http://www.cir.org)

**SERVICE DESCRIPTION:** 24-hour help hotline. Trained bilingual Information & Referral Specialists refer people to available resources 24 hours a day. Online directory of human services also provided.

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## COMPASSIONATE FRIENDS

**CONTACT:**

Chapter Name: Prescott's Compassionate Friends  
Phone: (928) 778-1950 ext 13  
E-mail: cmumford@cableone.net  
Via Prescott United Methodist Church

**SERVICE DESCRIPTION:** Assists families move toward positive resolution following the death of a child at any age while providing information and support.

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## CRISIS PREGNANCY CENTER OF PRESCOTT

**CONTACT:**

Phone: (928) 778-7654 • Fax: (928) 776-5994  
Address: 723 E. Gurley St., Prescott, AZ 86301  
E-mail: receptionist@cpcprescott.org

**SERVICE DESCRIPTION:** Provides support for women who are in a crisis pregnancy or have a related problem. Services include: free pregnancy testing, maternity clothing, baby clothing and accessories, pregnancy counseling, abstinence education, post-abortion support, and sexual abuse groups.

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## DEVELOPMENTAL EDUCATION AND RESEARCH (DEAR INC.)

**CONTACT:**

Phone: Luann Tardibuono, (928) 777-8844  
Web site: [www.dearinc.org](http://www.dearinc.org)

**SERVICE DESCRIPTION:** Education programs for parents of children with disabilities, professionals who work with children with disabilities, and community organizations. These programs focus on education strategies, current research, and medical issues related to successful living and learning. Phone consultations, mentor assistance at Individual Education Plan (IEP) meetings, parent support groups, social events.

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## FAMILY SUPPORT SERVICES – PRESCOTT AND HUMBOLDT UNIFIED SCHOOL DISTRICTS

**CONTACT:**

Phone: PUSD: (928) 717-3272 x152 or x 153 HUSD: (928) 759-4236  
E-mail: [ann.sult@prescottschools.com](mailto:ann.sult@prescottschools.com)  
[laura.wauters@prescottschools.com](mailto:laura.wauters@prescottschools.com)  
Web site: [www.prescott.k12.az.us](http://www.prescott.k12.az.us)

**SERVICE DESCRIPTION:** Parenting programs are offered that focus on skill development of parents. Free childcare, meal or refreshment provided at each class. Classes are open to the community at large, including parents & grandparents. Program sites rotate among schools in Prescott and Prescott Valley.

## COMMON SENSE PARENTING

Learn how to reduce problem behavior. Give clear messages, stay calm & teach your child self control. Available in English and Spanish

## SUPPORT CONNECTIONS

Support group for grandparents, relatives, caregivers, parents raising children.

## BECOMING A LOVE AND LOGIC PARENT

Learn simple parenting techniques that will make your life much easier, your children more responsible, and your communication with them much clearer. Available in English and Spanish.

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## FOUR COUNTY CONFERENCE ON DEVELOPMENTAL DISABILITIES

### CONTACT:

Phone: (928) 778-3391 • Fax: (928) 778-0298  
Address: 325 N. Arizona Avenue, Prescott, AZ 86302  
Mailing Address: P.O. Box 3262, Prescott, AZ 86302  
E-mail: 4ccdd@commspeed.net

**SERVICE DESCRIPTION:** An advocacy group for persons with developmental disabilities and their families. Seminars, workshops, training opportunities, newsletters, lending library, and toy library are offered.

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## HANNAH'S HOME

### CONTACT:

Phone: (928) 443-5889  
Address: P.O. Box 2074, Prescott, AZ 86302  
E-mail: hannahhome@yahoo.com

**SERVICE DESCRIPTION:** Support for pregnant teen mothers who are homeless or in other crisis situations and plan to carry their babies to term. Pregnant teen mothers will be given physical, emotional and spiritual assistance to prepare them for the decisions and challenges they face.

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## HIGH COUNTRY EARLY INTERVENTION

### CONTACT:

Phone: (928) 776-9285 • Fax: (928) 776-7753  
Address: 3105 Clearwater Dr. Suite B, Prescott, AZ 86305  
E-mail: hceipinc@cableone.net • Web site: www.hceip.org

## EARLY INTERVENTION SERVICES

**SERVICE DESCRIPTION:** Services are provided to families with children, birth to age three, who have developmental delays or disabilities. Services may include: speech, occupational and/or physical therapy, psychological evaluations and vision and audiological screenings. Services are offered in English or Spanish. Referral for an evaluation can be made through AzEIP First! or the child's primary care physician. Services are at no cost to families.

## DEVELOPMENTAL PLAY GROUPS

**SERVICE DESCRIPTION:** Playgroups are for children ages 2-4 years old who do not qualify for other state-funded early intervention services. Coordinated by a Developmental Specialist, activities will include fine motor activities, sensory activities, and developmental play. Call for more information and to register.

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## M.I.S.S. FOUNDATION PEER SUPPORT FOR BEREAVED PARENTS

**CONTACT:**

Phone: (928) 778-2528

Address: 926 Whetstone Avenue, Prescott AZ

E-mail: [cass@missfoundation.org](mailto:cass@missfoundation.org) Web site: [www.missfoundation.org](http://www.missfoundation.org)

**SERVICE DESCRIPTION:** M.I.S.S. stands for Mothers (and Fathers) in Sympathy and Support. A 501(c)(3) non-profit, volunteer-based organization committed to providing support to families in crisis after the death of a baby or child, from any cause.

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## MOTHERS OF PRESCHOOLERS - MOPS

**CONTACT:**

Phone: (928) 445-4348 • (928) 445-8343

Address: 1085 Scott Drive, Prescott, AZ 86301

E-mail: [info@americanlutheran.net](mailto:info@americanlutheran.net)

**SERVICE DESCRIPTION:** Mothers of Preschoolers meet twice a month to network, enjoy group activities, and focus on methods to help nurture their children while their preschoolers are cared for by trained volunteers. Fees: Annual membership fee, payable at first meeting. Scholarships are available.

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## NEW LIFE PREGNANCY CENTER

**CONTACT:**

Phone: (928) 759-3956 • 1-800-678-0648

Address: 7598 E. Palo Verde St., Unit B, Prescott Valley, AZ 86301

E-mail: [deannalnpc@cableone.net](mailto:deannalnpc@cableone.net)

Website: [www.newlifepregnancy.com](http://www.newlifepregnancy.com)

**SERVICE DESCRIPTION:** Free pregnancy testing. Women experiencing an unplanned pregnancy may receive accurate information and counseling to discuss options. Assistance with accessing community resources such as shelter, childbirth and parenting classes, and physicians is provided. Assistance, including clothing, diapers, and formula is available to individuals in need.

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## NORTHERN ARIZONA COUNCIL OF GOVERNMENTS (NACOG) HEAD START

Web site: [www.nacog.org/hs](http://www.nacog.org/hs)

### **SERVICE DESCRIPTION:**

Early Head Start is a federally funded community-based program for low-income families with infants and toddlers and pregnant women. Its mission is to promote healthy prenatal outcomes for pregnant women, to enhance the development of very young children, and to promote healthy family functioning.

Head Start promotes school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services to enrolled children and families. They engage parents in their children's learning.

### **ASH FORK HEAD START**

#### **CONTACT:**

Phone: (928) 637-1027

Address: 800 W. Park Ave. Ash Fork, AZ 86320

E-mail: [ashfork@nacog.org](mailto:ashfork@nacog.org)

### **BLACK CANYON CITY HEAD START**

#### **CONTACT:**

Phone: (623) 374-0417 • Fax: (623) 374-5722

Address: 18800 School House Road, Black Canyon City, AZ 86324

E-mail: [blackcanyon@nacog.org](mailto:blackcanyon@nacog.org)

### **CHINO VALLEY HEAD START**

#### **CONTACT:**

Phone: (928) 636-1076 • Fax: (928) 636-5098

Address: 1985 N. Road 1 West • Mailing Address: P.O. Box 518, Chino Valley, AZ 86323

E-mail: [chino@nacog.org](mailto:chino@nacog.org)

### **PRESCOTT HEAD START**

#### **CONTACT:**

Phone: (928) 445-8534 • Fax: (928) 717-2058

Address: 828 Rodeo Dr., Prescott, AZ 86305

E-mail: [Prescott@nacog.org](mailto:Prescott@nacog.org)

### **PRESCOTT VALLEY HEAD START**

#### **CONTACT:**

Phone: (928) 772-7726 • Fax: (928) 775-2876

Address: 6955 Panther Path # A, Prescott Valley, AZ 86314

E-mail: [pcvalley@nacog.org](mailto:pcvalley@nacog.org)

Also provides home-based and center-based programs for Humboldt, Dewey, Mayer, Cordes and Spring Valley. Call for eligibility.



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## PLANNED PARENTHOOD

**CONTACT:**

Phone: (928) 776-0420 • Fax: (928) 776-4145 • Hotline (602) 277-7526 OR (928) 776-0420

Address: 656 W. Gurley St., Prescott, AZ 86305

**SERVICE DESCRIPTION:** Planned Parenthood of Central and Northern Arizona promotes strong families, planned and wanted children, and sexual health for all. Services include: birth control, diagnosis and treatment of sexually transmitted infections, pregnancy testing, medical abortion, mammogram referrals, and hormone replacement therapy. Pregnancy options counseling, tubal ligation and vasectomy are also provided. Sliding scale for teens (all those under 20).

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## PREGNANCY RISKLINE

**CONTACT:**

Phone: Statewide 1-888-285-3410

**SERVICE DESCRIPTION:** Arizona Teratology Information Program is available to pregnant and lactating women, their families and healthcare providers. ATIP provides accurate and current information to callers about possible effects a drug or substance may have during a pregnancy or breastfeeding. Three part-time genetic counselors staff the pregnancy risk line Monday through Friday, 8:30 a.m. to 4:30 p.m. (Mountain Standard Time)

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## PRESCHOOL OF CHRISTIAN ACADEMY

**CONTACT:**

Phone: (928) 445-2565 • Fax: (928) 778-9794

Address: 148 S. Marina St. Prescott, AZ 86303

Email: prescottacademy@yahoo.com

Active hands-on learning for 3-5 year olds. Accredited by the Association of Christian Schools International (ACSI).

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## PRESCOTT AREA WOMEN'S SHELTER - PAWS

**CONTACT:**

Phone: (928) 778-5933

Address: 336 N Rush St., Prescott, AZ 86301

E-mail: estone@ycvp.org

**SERVICE DESCRIPTION:** The Prescott Area Women's Shelter provides women and their children with nightly emergency shelter services. The shelter Guests must arrive between 5 and 6 p.m. for check-in procedures. Hours will be overnight, from 5 p.m. until 8 a.m. Women and their children (male children must be below the age of 12) will be admitted if they agree to abide by the rules and regulations of the shelter, are not intoxicated, do not appear to be a danger to others. Guests are provided a hot meal, a shower, and access to telephone and internet as well as information on community resources.

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## PRESCOTT HIGH SCHOOL TEEN PARENTS

**CONTACT:**

Phone: (928) 445-2322

Address: 1050 N. Ruth St., Prescott, AZ 86301

**SERVICE DESCRIPTION:** The Prescott High School Teen Parent Program allows student teen parents to attend classes at Prescott High School while their pre-school children are cared for in a supervised child care center. The Child Care Center is open from 8 a.m. to 3 p.m. The student teen parents are required to work in the child care center for a minimum of 1 hour per day. The teen parents are also required to prepare and serve lunch to their children. The students enrolled in the teen parent program are also required to attend a parenting course that meets daily for one hour.

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## PRESCOTT UNIFIED SCHOOL DISTRICT – DISCOVERY GARDENS PRESCHOOL

**CONTACT:**

Phone: (928) 442-1283 • Fax: (928) 442-9268

Address: 1845 Campbell Ave. Prescott, AZ 86301

**SERVICE DESCRIPTION:** Developmentally appropriate preschool for 3-5 year olds; includes the full range of special needs services. This program is accredited by National Association for the Education of Young Children.

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## PREVENT CHILD ABUSE ARIZONA

**CONTACT:**

Phone: (928) 445-5038 • Phone: (928) 778-5300

Address: P.O. Box 432, Prescott, AZ

E-mail: mail@pcaaz.org

**SERVICE DESCRIPTION:** PCA Arizona is one of 48 state chapters of Prevent Child Abuse America (preventchildabuse.org) Based in Prescott Valley, PCA Arizona develops innovative, evidence-based programs aimed at parents of young children at-risk for maltreatment. PCA Arizona also provides training for law enforcement, child protective services through Advanced Forensic Interview Training.

## ADULTS AND CHILDREN TOGETHER AGAINST VIOLENCE (ACT)

**CONTACT:**

Phone: Melony (928) 759-3616

**SERVICE DESCRIPTION:** ACT "Parent's Raising Safe Kids" is an 8 week parent education program for community members who raise, care for, and/or teach children ages 0-9 years. ACT for Dad's is designed specifically for male caregivers and is facilitated by a trained, experience ACT dad.

## **BEST FOR BABIES**

**SERVICE DESCRIPTION:** A local team, consisting of child development specialists and child welfare and health professionals who work together, share information and enhance essential services to ensure that vulnerable young children receive the best support services available while their futures are being decided by the child welfare system. Foster parents are invited to participate in monthly meetings to help inform team members about what works and does not work in the child welfare system.

## **NEVER SHAKE A BABY**

Web site: [www.nsbaz.org](http://www.nsbaz.org)

**SERVICE DESCRIPTION:** Interactive website provides practical advice about how to soothe a crying baby. Remember: Never Shake a Baby! Violent shaking of an infant or small child is a form of child abuse that may result in death or lifelong complications.

## **PRESCOTT VALLEY DOMESTIC VIOLENCE PREVENTION PROGRAM**

### **CONTACT:**

Phone: (928) 445-5038 • Phone: (928) 775-0669 • (928) 776-9409  
Address: P.O. Box 432, Prescott, AZ 86302

**SERVICE DESCRIPTION:** Increases public awareness of the impact of violence on young children; provides support to victims of domestic violence, and endeavors to hold perpetrators more accountable through the legal system. Advocacy and referral services for those affected by or interested in learning more about the prevention of Domestic Violence are provided.

## **YAVAPAI FAMILY ADVOCACY CENTER**

### **CONTACT:**

Phone: (928)775-0669 • Fax: (928) 759-0747  
Address: P.O. Box 26495, Prescott Valley, AZ 86312  
E-mail: [laura@yfac.org](mailto:laura@yfac.org) • Web site: [www.yfac.org](http://www.yfac.org)

**SERVICE DESCRIPTION:** Yavapai Family Advocacy Center seeks to minimize further trauma to victims of violent crimes and family violence by coordinating law enforcement, CPS, prosecution, & victims support services. Counseling is provided for clients who have come through YFAC and other clients when available. Staff identify and assist in locating resources for victims. Domestic Violence Support Groups are held weekly. Child care is provided. A 5-week Parent Support Group is available to parents whose children have been abused.

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## **RAISING SPECIAL KIDS**

### **CONTACT:**

Phone: 1-800-237-3007 • (602) 242-4366 Fax: (602) 242-4306  
Address: 2400 N. Central Ave #200, Phoenix, AZ 85004-1313

Web site: [www.raisingpecialkids.org](http://www.raisingpecialkids.org)

**SERVICE DESCRIPTION:** To provide support to families who have children with a disability or a special need by offering parents contact with other parents and offering factual information from professionals. Information on transitioning from pre-school to elementary school and Individual Educational Programs is provided.

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## SHRINERS HOSPITALS FOR CHILDREN

**CONTACT:**

Phone: (928) 632-9320 • (928) 776-9235 •  
(928) 636-0963 • (602) 231-0188  
Address: 1028 Willow Creek Road, Prescott, AZ 86301  
Mailing Address: P.O. Box 25735, Prescott Valley, AZ 86314-5735

**SERVICE DESCRIPTION:** Offering free medical help for children with neuro-musculoskeletal conditions, burn injuries, missing limbs and certain other special health care needs within a compassionate family centered and collaborative environment. Services are provided at no cost to the patient or family without regard to race, color, creed, sex or sect.

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## STEPPING STONES AGENCIES

**CONTACT:**

Phone: (928) 445-4673 • (928) 772-4184 • Fax: (928) 772-3944  
Address: 3343 N. Windsong Dr., Suite 9, Prescott Valley, AZ 86314  
E-mail: [mayra@steppingstonesaz.org](mailto:mayra@steppingstonesaz.org)  
Web site: [www.steppingstonesaz.org](http://www.steppingstonesaz.org)

**HOTLINE:** 24-hour support line for women seeking help from a victimizing situation. (928) 445-HOPE (4673).

**SERVICE DESCRIPTION:** 24-hour emergency shelter for women and their children seeking a therapeutic response to any type of victimization including homelessness and domestic violence in West Yavapai County. One-to-One and group educational and support programs and safety planning are provided for women and children, in or out of the shelter programs. Meals and daily essentials, such as diapers, and hygiene supplies, are provided to women and their children while in the shelter. Upon completion of 96-hour emergency shelter assessment and intake, a woman and her children may be able to stay up to 120 days.

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## ST. LUKE'S SCHOOL

**CONTACT:**

Phone: (928) 442-1315  
Address: 2000 Shepard's Lane, Prescott, AZ 86301  
E-mail: [stlukesmontessori@gmail.com](mailto:stlukesmontessori@gmail.com)

**SERVICE DESCRIPTION:** St. Luke's School is an accredited Christian Montessori school serving children 3 through 6 years of age in preschool & kindergarten classes.

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## TRI-CITY PARTNERSHIP FOR SPECIAL CHILDREN AND FAMILIES

### **CONTACT:**

Phone: (928) 772-5048

Address: 3343 N. Windsong Dr., Suite 2, Prescott Valley, AZ 86314

Web site: [www.tricitypartnership.org](http://www.tricitypartnership.org)

**SERVICE DESCRIPTION:** Tri-City Partnership is parents partnering with professionals to improve the lives of children, adults and families with disabilities or special health care needs. Meetings are held on the last Thursday of each month from noon-2:00 p.m. at the Step One Community Center Conference Room, 3343 N. Windsong Dr. in Prescott Valley. Please call for updated information or to be added to the mailing list for a monthly newsletter.

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## UNITED WAY INFORMATION NETWORK

### **CONTACT:**

Phone: (928) 443-5321 • 1-888-449-5321 • Fax: (928) 771-8858

Address: 3343 N. Windsong Drive, Suite 8, Prescott Valley, AZ 86314

Web site: [www.unitedwayavapai.org](http://www.unitedwayavapai.org)

**SERVICE DESCRIPTION:** Provides centralized information and referral to health & human service providers for Yavapai County residents through enhancement of nonprofit and public partnerships, networking, and the developmental of services coordination among community based organizations.

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## UNIVERSITY OF ARIZONA COOPERATIVE EXTENSION FAMILY CONSUMER SCIENCES

### **CONTACT:**

Phone: (928) 445-6590 • Fax: (928) 445-6593

Address: 840 Rodeo Drive, # C, Prescott, AZ 86305

**SERVICE DESCRIPTION:** Education programs in family and youth development help families become healthy and develop successful family relationships. Programs focus on children, youth and adult development, food safety, community development and leadership. Early Brain Development Training (age 0-5): Food Safety Education and Certification for consumers and restaurant employees; Nutrition Education; Health and Fitness; Food Preservation.

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## WEST YAVAPAI GUIDANCE CLINIC

### **CONTACT:**

Phone: (928) 445-5211 • Fax: (928) 445-9522

Address: 505 S. Cortez St., Prescott, AZ 85303 or

3345 N Windsong Dr., Prescott Valley, AZ 86314

Web site: [www.wygc.org](http://www.wygc.org)

**SERVICE DESCRIPTION:** West Yavapai Guidance Clinic provides treatment services to children that address mild, moderate and severe behavioral health problems, with emphasis on family intervention and community involvement. Services are available to AHCCCS eligible children and families, and those meeting Arizona Department of Health Services eligibility requirements. Limited services are available to other populations. Services may include crisis intervention, psychiatric assessment, individual and family and group counseling. Crisis stabilization is available on an emergency basis.

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## YAVAPAI CASA FOR KIDS, INC.

**CONTACT:**

Phone: (928) 708-0821 • (928) 445-1204  
Address: P.O. Box 12457, Prescott, AZ 86304  
E-mail: c4kpresident@aol.com

**SERVICE DESCRIPTION:** Assist in recruiting Court Appointed Special Advocates (CASA's) and to seek and distribute funds to help children in foster care in Yavapai County.

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## YAVAPAI COLLEGE

### DEL E. WEBB FAMILY ENRICHMENT CENTER

**CONTACT:**

Phone: (928) 776-2111 • Fax: (928) 776-3137  
Web site: [www.yc.edu/fec](http://www.yc.edu/fec)

**SERVICE DESCRIPTION:** The Del E. Webb Family Enrichment Center provides monthly parenting workshops on a variety of topics. Workshops are geared to parents and caregivers of children birth through age 5. Topics include: Positive Guidance and Discipline, Nutrition for Young Children, Kindergarten Transition, and Making Quality Time For Your Child. Workshops are offered on Saturdays or evenings, and typically last 2 to 3 hours. Free child care is also provided for children 3 months – 6 years of age for those who sign-up in advance. Most workshops are offered on Yavapai College's Prescott campus.

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## YAVAPAI COMMUNITIES FOR YOUNG CHILDREN

**CONTACT:**

Phone: (928) 776-9285  
Address: 3405 Clearwater Drive Suite B, Prescott AZ 86305  
E-mail: [ycycpartnerhsip@earthlink.net](mailto:ycycpartnerhsip@earthlink.net)  
Web site: [www.ycycpartnership.org](http://www.ycycpartnership.org)

**SERVICE DESCRIPTION:** Yavapai Communities for Young Children (YCYC) is a community-based coalition, bringing together parents, educators, practitioners, agencies, advocates and health service providers as partners to utilize our collective resources in the support of young children.

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## YAVAPAI COUNTY COMMUNITY HEALTH SERVICES

### **CONTACT:**

Prescott:  
1090 Commerce Drive  
Prescott, AZ 86305  
Appointment Line: (928) 583-1000  
Web site: [www.co.yavapai.az.us](http://www.co.yavapai.az.us)

### **CHILDHOOD IMMUNIZATIONS**

**SERVICE DESCRIPTION:** Immunizations for vaccine-preventable disease (measles, mumps, meningococcal, rubella, polio, diphtheria, tetanus, pertussis, varicella, hepatitis A and B) are provided to children at the appropriate age intervals. A \$15 per child administration fee is charged. No one is denied services based on inability to pay the administration fee.

### **HEALTH START**

**CONTACT:** Phone: (928) 442-5478 Prescott Office

**SERVICE DESCRIPTION:** The Health Start program provides a specially trained Community Health Worker (CHW) to make home visits to women who are pregnant or have very young children. The CHW will answer questions related to pregnancy, breastfeeding, and the baby's health. Visits focus on the health and development of the child, nutrition, home safety and more. Assistance with applying for AHCCCS and accessing other resources is provided. Eligibility: Low income women who are pregnant, and at-risk women with a child under the age of 2.

### **NEWBORN INTENSIVE CARE PROGRAM**

**SERVICE DESCRIPTION:** Public health nurses provide home visits to families whose children have spent time in a Newborn Intensive Care Unit.

### **NURSE FAMILY PARTNERSHIP**

**CONTACT:** Phone: (928) 442-5478 Prescott Office

**SERVICE DESCRIPTION:** The Nurse Family Partnership program (NFP) provides a registered nurse (RN) to make home visits during pregnancy and after the birth of a baby to educate mothers about labor and delivery, child development, breastfeeding, and how to keep your baby healthy and safe. Dads and other family members can join in the home visits if they want. Eligibility: First time, low income mothers, and must be enrolled early in the pregnancy (before the 28th week)

### **SMOKING CESSATION PROGRAM**

#### **CONTACT:**

Phone: (928) 442-5572  
Statewide – Arizona's Smoker's Helpline: 1 800-556-6222  
For the latest Smoking Cessation Class schedule and location:  
<http://www.co.yavapai.az.us/WorkArea/showcontent.aspx?id=26048>

**SERVICE DESCRIPTION:** Tobacco cessation services for youth, adults, and pregnant women. Free classes are open to the public

## **WIC (WOMEN, INFANTS & CHILDREN) SUPPLEMENTAL NUTRITION PROGRAM**

**CONTACT:** WIC Appointment & Information Line

Prescott: (928) 771-3138

Chino Valley: (928) 636-8299

Ash Fork, Bagdad, Seligman and Yarnell: (800) 771-2797 Ext 3138

Black Canyon City: (602) 495-8800 Ext 3138

**SERVICE DESCRIPTION:** The WIC program provides nutritious foods, education about healthy eating, and referrals to health care. Women participating in WIC also receive breastfeeding information & support through the Breastfeeding Peer Counselor Program.

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## **YAVAPAI REGIONAL MEDICAL CENTER**

### **CHILDBIRTH CLASSES**

**CONTACT:** Phone: (928) 445-2700

**SERVICE DESCRIPTION:** Preparation for Childbirth, a six-week course open to all expectant families, is held on an ongoing basis at YRMC West in Prescott and the YRMC Del E. Webb Outpatient Center in Prescott Valley. The class meets weekly for 2 ½ hours and expectant mothers should plan to attend during their sixth or seventh month of pregnancy. Classes are available in English & Spanish. Call for more information or to register.

### **PARTNERS FOR HEALTHY FAMILIES**

**CONTACT:** Phone: (928) 771-5662

**SERVICE DESCRIPTION:** Partners for Healthy Students is a school-based health service that provides basic medical and dental care to uninsured and underinsured children and their siblings at participating schools in the Quad-city area. A Pediatric Nurse Practitioner delivers health care and the clinics are licensed by the state.

### **FAMILY RESOURCE CENTER**

**CONTACT:**

Phone: Call Barbara at (928) 771-5651 • Fax: (928) 771-5174

Address: 1003 Willow Creek Road, Prescott, AZ 86301

E-mail: bawisler@yrmc.org • Web site: www.yrmc.org

### **FIRST STEPS**

**SERVICE DESCRIPTION:** Supports new families by providing a hospital visit after the baby's birth, At the family's request, weekly home visits during the baby's first year, education, support groups, links to community resources and warm line telephone follow-up calls are available.

### **HEALTHY FAMILIES**

**SERVICE DESCRIPTION:** Provides intensive support and parenting education to new families by degreed Family Support Specialists. Services include a hospital visit after the baby's birth, home visits prenatally and continuing until the child is five years old, individualized parent education, support groups, and links to community resources.



## **Notes**

## Contact Information

### Emergency Services:

**Police, Fire and Ambulance - 911**

**Child Abuse Hotline  
1-888-767-2445**

**Arizona Poison Control Center  
1-800-222-1222**

### Early Childhood Resources:

**Birth to Five Helpline  
1-877-705-5437**

**Child Care Resource & Referral  
1-800-308-9000  
[www.azchildcare.org](http://www.azchildcare.org)**

**United Way Information Network  
928-443-5321 \* 1-888-449-5321  
[www.unitedwayavapai.org/uwin](http://www.unitedwayavapai.org/uwin)**

# Little THE ^ KIDS BOOK



The big and little Kid's Books are produced by First Things First, the Kiwanis Club of Prescott, the Prescott Charitable Fund and the Yavapai County Community Foundation.

 **FIRST THINGS FIRST**



 **YAVAPAI COUNTY**  
COMMUNITY FOUNDATION

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Prescott, AZ 86305  
Traci Corey, 928-499-9795  
[www.yavapafoundation.org](http://www.yavapafoundation.org)  
Affiliate of Arizona Community Foundation

In case of emergency please contact:

Parent/Guardian

Name: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell/Home Phone: \_\_\_\_\_

Friend/Relative

Name: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell/Home Phone: \_\_\_\_\_

Doctor

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_